

Spacers

A spacer is a tool that helps asthma medication get directly to the lungs.

1. Connect the spacer to the inhaler.
2. Place mouth around the end of the spacer when taking the medication.
3. Follow steps 6-8 above.

Wash the spacer and mouthpiece once a week.



If you are using inhaled steroids, reduce your chances of getting a yeast infection in your throat by:

- Use a spacer
- Rinse mouth with water and spit after inhaling
- Keep inhaler and spacer clean



**Yamhill County Public Health
Asthma Program
412 NE Ford Street
McMinnville, OR 97128
503-434-7375 or
503-554-7842
www.co.yamhill.or.us/PH**

For Asthmatic Patients

How to Use Inhalers, Nebulizers and Spacers



Yamhill County Public Health

Inhalers

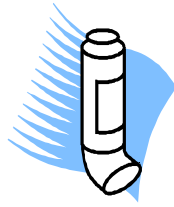
Inhalers help millions of people with asthma breathe easier. Properly using inhalers is very important to breathing easier.

Have your health-care provider or pharmacist show you how to use your inhaler.

Follow these steps:

1. Remove the cap, shake and hold the inhaler upright.
2. Shake the inhaler well.
3. Stand or sit up straight.
4. Tilt your head back slightly and breathe out all the way slowly.
5. Open your mouth and hold the inhaler 1-2 inches away from your mouth or position the inhaler in your mouth.
6. Press down on the inhaler and breathe in through your mouth for 3-5 seconds. Make sure you breathe evenly and deeply.
7. Hold your breath for 10 seconds.
8. Breathe out. Shake and repeat steps.

If you have to take more than 1 puff wait 1 minute before taking the next puff.



REMEMBER:

The slower you breath in, the more medicine will go into your lungs.

Nebulizers

Nebulizers are used when asthma symptoms are so severe that it is hard to take breaths deep enough for an inhaler to be effective.

Nebulizers turn liquid medication into a mist to be inhaled over a period of minutes as compared to quick blast of medicine delivered by an inhaler.

There are many different types of nebulizers. Ask your healthcare provider which type would be best for you. Ask your provider or pharmacist to show you how to use the nebulizer.

Tips for using a nebulizer

1. Read and follow the manufacturer's instructions even if you were shown how to use the nebulizer.
2. Add the medication to the nebulizer as directed by your health-care provider. (Ask if you also need to add a saline solution).
3. Attach the mouthpiece or mask to the cup.
4. Put your mouth around the mouth piece . Then, turn on the unit.
5. Take deep, slow breaths. Ask your health-care provider how long to hold each breath before breathing out.
6. Continue until all the medication in the cup is used up.
7. Rinse or wash the equipment (tubing, mask/mouthpiece, etc.) after each treatment.
8. Store your nebulizer and supplies in a clean, dry and dust-free location when not in use.